

Know Your Blood Pressure Numbers

Know your BLOOD PRESSURE numbers and write them down!

- ◆ Ask your doctor or nurse what your blood pressure numbers are.
- ◆ **Write them down.**
- ◆ Your numbers will improve as you work with your doctor and make positive lifestyle changes.

What the numbers mean:

Blood Pressure Category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)
Normal Excellent! This is right where it needs to be as a normal blood pressure.*	Less than 120	AND	Less than 80
Prehypertension This is getting up there. Begin lifestyle changes that keep your blood pressure from developing into or becoming hypertension.*	120 – 139	OR	80 – 89
High Blood Pressure (Hypertension) Stage 1 Your blood pressure is high. You need to see your medical provider.*	140 – 159	OR	90 – 99
High Blood Pressure (Hypertension) Stage 2 Your blood pressure is very high. Seek medical care now.*	160 or higher	OR	100 or higher
Hypertensive Crisis (Emergency care needed) Your blood pressure is dangerously high. Call 911 now.*	Higher than 180	OR	Higher than 110

Adapted from the American Heart Association. Created by the Heart Disease, Stroke and Diabetes Prevention Program, Washington State Department of Health

* Health advice from the Heart Disease, Stroke and Diabetes Prevention Program, Washington State Department of Health